

1 **ABSTRACT OF THE DISCLOSURE**

2 A bodyboard has a body and a protective strip. The body has a core, an
3 upper layer and a lower layer. The core has a top, a bottom and multiple holes
4 defined in the top and the bottom. The upper layer is securely attached to the top
5 of the core with glue. The lower layer is securely attached to the bottom of the
6 core with glue. The protective strip is mounted on the edge of the body along the
7 front and two sides of the body. The holes in the core plate enlarge the glue
8 contact area of the core, such that the structure between the core, the upper layer
9 and the lower layer is strengthened.